Physical activity ideas

Healthy Cornwall
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**Activity ideas**

**Aim for at least 3 hours throughout the day:**
- Every movement counts just try to make it fun!
- Try to choose activities from all different sections
- Try to avoid time spent still as much as possible

<table>
<thead>
<tr>
<th>Cardiovascular</th>
<th>Strength</th>
<th>Flexibility and Balance</th>
<th>Motor skills</th>
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<tbody>
<tr>
<td><strong>Dancing</strong> - To music, stories, rhymes and songs.</td>
<td><strong>Tummy time</strong> - Pulling, pushing, grasping and playing.</td>
<td><strong>Mother and baby yoga</strong></td>
<td><strong>Throwing and catching</strong></td>
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<td><strong>Cycling or scootering</strong></td>
<td><strong>Crawling through tunnels</strong></td>
<td><strong>Toddler Yoga</strong> - Reaching high and touching toes.</td>
<td><strong>Gardening</strong> - Digging, shovelling, raking.</td>
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<td><strong>Running or walking</strong> - Try marching or tiptoeing.</td>
<td><strong>Climbing</strong></td>
<td><strong>Balancing games</strong> - Travel and stop, dancing, standing on one leg.</td>
<td><strong>Bat and ball games</strong></td>
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<td><strong>Skipping</strong></td>
<td><strong>Jumping or hopping</strong> - Star jumps, hopscotch, rope skipping.</td>
<td><strong>Gymnastics</strong></td>
<td><strong>Object play</strong> - Building, carrying, pushing rolling.</td>
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<td><strong>Swimming</strong></td>
<td><strong>Wheel barrow races</strong></td>
<td><strong>Balancing activities</strong> - Balance boards and walking along beams.</td>
<td><strong>Messy play</strong> - Mud kitchen, sand pit, water activities.</td>
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<td><strong>Soft play</strong></td>
<td><strong>Carrying weighted objects</strong> - Buckets of water or sand.</td>
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**Top Tips**
- Get outdoors as much as possible as children are more active outside.
- Keep a box of fun equipment in the car for wherever you go.
- On walks, play chasing games or collect twigs, leaves or pebbles to make it fun.
- If its wet outside, dress up in the right clothing and go out and splash.
- Play active games like hide and seek or Simon says.
- Bubbles are great to run and jump about trying to pop.
- Make dens with blankets, chairs and pegs.
- Dress up and play act in costumes.
- Make an obstacle course.
- Meet up with friends as children are more active with play mates.